



CSEAM Nutrition et services alimentaires  
E.M.S.B. Nutrition and Food Services

## High School Bistro Menu Sept 2 to December 18, 2026

|                 | MONDAY                                                                     | TUESDAY                                                        | WEDNESDAY                                                                    | THURSDAY                                             | FRIDAY                                                                        |
|-----------------|----------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------------|
|                 | August 31                                                                  | Sept 1                                                         | Sept 2                                                                       | Sept 3                                               | Sept 4                                                                        |
| Lunch<br>Entree | No Service                                                                 | No Service                                                     | Chicken Souvlaki Platter<br>Seasoned Rice with Carrots                       | Power Bowl Tex Mex<br>Pico da Gallo<br>Chipotle mayo | Dumpling (Chicken)<br>Edamame & Cabbage Salad                                 |
| Short<br>Order  |                                                                            |                                                                | Sant Fe Veggie Burger<br>Salad                                               | BBQ Chicken Sub<br>Ceasar Salad                      | Three Cheese Pizza<br>Mixed Salad                                             |
|                 | Septmeber 7                                                                | Septmeber 8                                                    | Septmeber 9                                                                  | Septmeber 10                                         | Septmeber 11                                                                  |
| Lunch<br>Entree | HOLIDAY                                                                    | Mancaroni and Cheese<br>Broccoli                               | Citrus Herb Cod Filet<br>Seasoned Rice with Carrots<br>Peas and Carrots      | Chicken à La Parmigianna<br>Seasoned Egg Noodles     | Korean Seame Beef<br>Seasoned Rice<br>Carrots                                 |
| Short<br>Order  |                                                                            | Chicken Fajitas<br>Carrot Slaw                                 | Hamburger<br>Lettuce and Tomato                                              | Philly Steak Sub<br>Coleslaw                         | Three Cheese Pizza<br>Western Chipotle Pizza<br>Mixed Salad                   |
|                 | September 14                                                               | September 15                                                   | September 16                                                                 | September 17                                         | September 18                                                                  |
| Lunch<br>Entree | Tomato & Cheese Macaroni<br>Mixed Vegetables                               | Chicken à la King<br>Egg Noodles<br>Pick of the Day Vegetables | Chicken Souvlaki Platter<br>with Tzatziki and Pilaf Rice<br>Peas and Carrots | BBQ Chicken Leg<br>Potato Wedges<br>Carrots          | Taco Bowl (Beef)<br>Corn                                                      |
| Short<br>Order  | Dumpling (Chicken)<br>Edamame & Cabbage Salad                              | Cheeseburger<br>Carrot Slaw                                    | Beef and Cheese Panini<br>Fresh Cut Vegetables                               | Chickpea Butter Curry<br>Basmati Rice                | Three Cheese Pizza<br>Western Chipotle Chicken Pizza<br>Mixed Green Salad     |
|                 | September 21                                                               | September 22                                                   | September 23                                                                 | September 24                                         | September 25                                                                  |
| Lunch<br>Entree | Macaroni and Cheese<br>Mixed Vegetables                                    | Chickpea au Gratin<br>Seasoned Rice                            | Chicken Fried Rice<br>Sunrise Vegetables                                     | Shepherd's Pie<br>Peas and Carrots                   | Tomato Meatball Pasta<br>Cocktail Vegetables                                  |
| Short<br>Order  | Chicken Fajita With Salsa<br>Mixed Vegetables                              | Multigrain Chicken Burger<br>Carrot Slaw                       | Vegetarian Quesadilla<br>Sunrise Vegetables                                  | Santa Fe Burger (Veggie)<br>Salad                    | Three Cheese Pizza<br>Mixed Salad                                             |
|                 | September 28                                                               | September 29                                                   | September 30                                                                 | October 1                                            | October 2                                                                     |
| Lunch<br>Entree | Parmesan Chicken Meatball Pasta<br>(Chicken Meatballs)<br>Crinkled Carrots | Chicken Pad Thai<br>Vegetable of the Day                       | Butter Chicken<br>Basmati Rice<br>Peas                                       | Pasta alla Bolognese<br>Garden Vegetables            | BBQ Rib Burger<br>Fresh Cut Vegetables                                        |
| Short<br>Order  | Pulled Pork Sandwich<br>Coleslaw                                           | Philly Steak Sub<br>Mixed Green Salad                          | Salisbury Steak<br>Gravy and Mashed Potatoes<br>Peas                         | Chicken Chipotle Wrap<br>Garden Vegetables           | Three Cheese Pizza<br>Greek Pizza<br>Gourmet Salad                            |
|                 | October 5                                                                  | October 6                                                      | October 7                                                                    | October 8                                            | October 9                                                                     |
| Lunch<br>Entree | Cheese Tortellini<br>in Rosée Sauce<br>Mixed Vegetables                    | Korean Sesame Beef<br>Basmati Rice                             | Tex Mex Turkey Rice<br>Cocktail Vegetables                                   | Lasagna (Beef)<br>Sunrise Vegetables                 | Chicken à la Parmigiana<br>Seasoned Egg Noodles<br>Pick of the Day Vegetables |
| Short<br>Order  | Chicken Souvlaki Pita<br>Salad                                             | BBQ Grilled Chicken Sub<br>Coleslaw                            | Chef's Special                                                               | Chicken Caesar Wrap<br>Sunrise Vegetables            | Three Cheese Pizza<br>Mexican Pizza<br>Gourmet Salad                          |

|              | October 12                                                        | October 13                                                                   | October 14                                                                        | October 15                                             | October 16                                                                |
|--------------|-------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------|
| Lunch Entree | Thanksgiving Monday                                               | Chicken Souvlaki Platter<br>With Tzatziki and Pilaf Rice<br>Peas and Carrots | Alfredo Ziti Al Forno (Chicken)<br>Garden Style Vegetables                        | BBQ Chicken Leg<br>Potato Wedges<br>Sunrise Vegetables | PED Day                                                                   |
| Short Order  |                                                                   | Italian Meatball Roll<br>Crudites & Dip                                      | Cheese Burger<br>Carrot Slaw                                                      | Chickpea Butter Curry<br>Basmati Rice                  |                                                                           |
|              | October 19                                                        | October 20                                                                   | October 21                                                                        | October 22                                             | October 23                                                                |
| Lunch Entree | Tomato Meatball Pasta<br>Cocktail vegetables                      | Vegetarian Chili<br>Rice<br>Corn                                             | Shepherd's Pie<br>Peas and Carrots                                                | Chicken Fried Rice<br>Sunrise Vegetables               | Beef and Cheese Panini (Beef)<br>Lettuce and Tomato                       |
| Short Order  | Vegetarian Quiche<br>Cocktail vegetables                          | Multigrain Chicken Burger<br>Coleslaw                                        | Chicken Fajita With Salsa<br>Peas and Carrots                                     | Santa Fe Burger (Veggie)<br>Mixed Green Salad          | Three Cheese Pizza<br>Gourmet Salad                                       |
|              | October 26                                                        | October 27                                                                   | October 28                                                                        | October 29                                             | October 31 - Halloween                                                    |
| Lunch Entree | Chicken Cacciatore<br>Seasoned Rice<br>Pick of the Day Vegetables | Macaroni and Cheese<br>Mixed Vegetables                                      | General Tao Chicken<br>Basmati Rice<br>Vegetable of the Day                       | Butter Chicken<br>Basmati Rice<br>Cocktail Vegetables  | Pasta alla Bolognese<br>Garden/Prince Edward Vegetables                   |
| Short Order  | BBQ Rib Burger<br>Salad                                           | Pulled Pork Sandwich<br>Coleslaw                                             | Philly Steak Sub<br>Carrots                                                       | Vegetarian Quesadilla<br>Cocktail Vegetables           | Three Cheese Pizza<br>Greek Pizza<br>Gourmet Salad                        |
|              | November 2                                                        | November 3                                                                   | November 4                                                                        | November 5                                             | November 6                                                                |
| Lunch Entree | Cheese Tortellini<br>in Rosée Sauce<br>Peas and Carrots           | Citrus Herb Cod<br>Seasoned Egg Noodles<br>Garden/Prince Edward Vegetables   | Zesty Chicken Platter<br>Seasoned Rice with Carrots<br>Pick of the Day Vegetables | Lasagna (Beef)<br>Crinkled Carrots                     | Korean Sesame Beef B-108<br>Basmati Rice D-1<br><br>Cocktail Vegetables   |
| Short Order  | BBQ Grilled Chicken Sub<br>Carrot Slaw                            | Egg & Cheese Breakfast Sandwich<br>Garden/Prince Edward Vegetables           | Chef's Special                                                                    | Chicken Caesar Wrap<br>Crinkled Carrots                | Three Cheese Pizza<br>Mexican Pizza<br>Gourmet Salad                      |
|              | November 9                                                        | November 10                                                                  | November 11                                                                       | November 12                                            | November 13                                                               |
| Lunch Entree | Tomato & Cheese Macaroni<br>Mixed Vegetables                      | Chicken à la King<br>Egg Noodles<br>Pick of the Day Vegetables               | Chicken Souvlaki Platter<br>with Tzatziki and Pilaf Rice<br>Peas and Carrots      | Chicken Leg<br>Potato Wedges<br>Carrots                | Taco Bowl (Beef)<br>Corn                                                  |
| Short Order  | Dumpling (Chicken)<br>Edamame & Cabbage Salad                     | Cheeseburger<br>Carrot Slaw                                                  | Beef and Cheese Panini<br>Fresh Cut Vegetables                                    | Chickpea Butter Curry<br>Basmati Rice                  | Three Cheese Pizza<br>Western Chipotle Chicken Pizza<br>Mixed Green Salad |

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|                     | <b>Novmeber 16</b>                                                                | <b>Novmeber 17</b>                                                                  | <b>Novmeber 18</b>                                           | <b>Novmeber 19</b>                                                                                                | <b>Novmeber 20</b>                                                           |
| <b>Lunch Entree</b> | <b>Macaroni and Cheese</b><br>Mixed Vegetables                                    | <b>Chickpea au Gratin</b><br>Seasoned Rice                                          | <b>Chicken Fried Rice</b><br>Sunrise Vegetables              | <b>Shepherd's Pie</b><br>Peas and Carrots                                                                         | <b>Tomato Meatball Pasta</b><br>Cocktail Vegetables                          |
| <b>Short Order</b>  | <b>Chicken Fajita With Salsa</b><br>Mixed Vegetables                              | <b>Multigrain Chicken Burger</b><br>Carrot Slaw                                     | <b>Vegetarian Quesadilla</b><br>Sunrise Vegetables           | <b>Santa Fe Burger (Veggie)</b><br>Salad                                                                          | <b>Three Cheese Pizza</b><br>Mixed Salad                                     |
|                     | <b>November 23</b>                                                                | <b>November 24</b>                                                                  | <b>November 25</b>                                           | <b>November 26</b>                                                                                                | <b>November 27</b>                                                           |
| <b>Lunch Entree</b> | <b>Parmesan Chicken Meatball Pasta</b><br>(Chicken Meatballs)<br>Crinkled Carrots | <b>Chicken Pad Thai</b><br><br>Vegetable of the Day                                 | <b>Butter Chicken</b><br>Basmati Rice<br>Peas                | <b>Pasta alla Bolognese</b><br><br>Garden Vegetables                                                              | <b>BBQ Rib Burger</b><br><br>Fresh Cut Vegetables                            |
| <b>Short Order</b>  | <b>Pulled Pork Sandwich</b><br>Coleslaw                                           | <b>Philly Steak Sub</b><br>Mixed Green Salad                                        | <b>Salisbury Steak</b><br>Gravy and Mashed Potatoes<br>Peas  | <b>Chicken Chipotle Wrap</b><br>Garden Vegetables                                                                 | <b>Three Cheese Pizza</b><br>Greek Pizza<br>Gourmet Salad                    |
|                     | <b>November 30</b>                                                                | <b>December 1</b>                                                                   | <b>December 2</b>                                            | <b>December 3</b>                                                                                                 | <b>December 4</b>                                                            |
| <b>Lunch Entree</b> | <b>Cheese Tortellini</b><br>in Rosée Sauce<br>Cocktail Vegetables                 | <b>Korean Sesame Beef</b><br>Basmati Rice<br>Carrots                                | <b>Tex Mex Turkey Rice</b><br>Pick of the Day Vegetables     | <b>Lasagna (Beef)</b><br>Sunrise Vegetables                                                                       | <b>Chicken à la Parmigiana</b><br>Seasoned Egg Noodles<br>Garden Vegetables  |
| <b>Short Order</b>  | <b>Chicken Souvlaki Pita</b><br>Salad                                             | <b>BBQ Grilled Chicken Sub</b><br>Coleslaw                                          | <b>Chef's Special</b>                                        | <b>Chicken Caesar Wrap</b><br>Sunrise Vegetables                                                                  | <b>Three Cheese Pizza</b><br>Mexican Pizza<br>Gourmet Salad                  |
|                     | <b>December 7</b>                                                                 | <b>December 8</b>                                                                   | <b>December 9</b>                                            | <b>December 10 - Holiday Lunch</b>                                                                                | <b>December 11</b>                                                           |
| <b>Lunch Entree</b> | <b>Honey Garlic Chicken Meatballs</b><br>Egg Noodles<br>Garden Style Vegetables   | <b>Chicken Souvlaki Platter</b><br>With Tzatziki and Pilaf Rice<br>Peas and Carrots | <b>Alfredo Ziti Al Forno (Chicken)</b><br>Sunrise Vegetables | <b>Turkey Roast B-158</b> Gravy F-1<br>Mashed Potatoes G-2<br>Stuffing H-1, Peas & Carrots G-1<br>Cranberry Sauce | <b>Soft Beef Taco</b><br>Mixed Vegetables                                    |
| <b>Short Order</b>  | <b>Cheese Pizza Roll-up</b><br>Garden Style Vegetables                            | <b>Italian Meatball Roll</b><br>Fresh Vegetables                                    | <b>Cheese Burger</b><br>Carrot Slaw                          | <b>Vegetarian Quesadilla</b><br>Salad                                                                             | <b>Three Cheese Pizza</b><br>Western Chipotle Chicken Pizza<br>Gourmet Salad |
|                     | <b>December 14</b>                                                                | <b>December 15</b>                                                                  | <b>December 16</b>                                           | <b>December 17</b>                                                                                                | <b>December 18</b>                                                           |
| <b>Lunch Entree</b> | <b>Tomato Meatball Pasta</b><br>Cocktail vegetables                               | <b>Vegetarian Chili</b><br>Rice<br>Corn                                             | <b>Shepherd's Pie</b><br>Peas and Carrots                    | <b>Chicken Fried Rice</b><br>Sunrise Vegetables                                                                   | <b>Beef and Cheese Panini (Beef)</b><br>Lettuce and Tomato                   |
| <b>Short Order</b>  | <b>Vegetarian Quiche</b><br>Carrots                                               | <b>Multigrain Chicken Burger</b><br>Coleslaw                                        | <b>Chicken Fajita With Salsa</b><br>Peas and Carrots         | <b>Santa Fe Burger (Veggie)</b><br>Mixed Green Salad                                                              | <b>Three Cheese Pizza</b><br>Gourmet Salad                                   |